

NAME: Brian Clement - Sugar_ The Kiss of Death - Sugar's Effect on Dementia, Diabetes, Cancer.mp3

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SUMMARY:

The discussion at this conference focused on the need for personal responsibility when it comes to health and wellbeing. This was in reference to the many pressing issues in the world, such as the potential for nuclear energy to cause mass destruction and the dangers of GMOs. Jeffrey Smith was highlighted for his work in educating the public about GMOs. The resolution proposed is that people take personal responsibility for their health, rather than relying on political or corporate solutions. This is the most hopeful time in human history, thanks in part to the Internet, which enables us to connect with people all over the world.

The speaker encouraged the audience to be part of an army of love that will bridge different cultures and ideologies in order to promote a unified world. He believes that technology is helping to make this possible, and that it is a good thing. He implored the audience to share the message of unity with their families, communities, and countries. The speaker wants to put an end to separations, and to work together to make the world a better place. He believes that there is a greater connectivity among all people and that this should be embraced. He believes that everyone should feel supported and that they are never alone.

The speaker in this conversation is encouraging the audience to remember that they have the strength of God inside their heart and soul. They should express this honestly and transparently. The speaker then discusses the highly addictive nature of sugar, which is more addictive than substances like heroin, cocaine, and alcohol. This is a scientific fact, and Princeton University conducted a study in which animals chose to drink sugar over cocaine. Sugar was only available to the elite aristocracy centuries ago and was the number one impetus to slavery. The speaker is writing a book about this issue called Sweet Disease which should be out by autumn.

This conversation reveals the dark history of the sugar trade, which has been linked to the exploitation of African slaves. It explains how the slave trade led to the displacement of African people onto slave ships and then to cities, where they had no access to organic food. This gave rise to the need to process food with salt and sugar, as these were the only preservatives available at the time. The speaker is horrified that their addiction to sugar is connected to such a dark past and encourages the listener to think about their consumption of meat, which they believe should never have been consumed by humans.

TRANSCRIPT:

0:00:16 Well in this conference, you've learned, starting the first day with our

good Australian friend, that somebody could press a button in a matter of five minutes. We'd annihilate 100,000 people or more, and we have energy that it's nuclear at this point that we've seen in our short lifetimes several accidents. Will we take a different course? You had the leading authority, as you did with radioactivity and radiation in GMOs, sitting here, the man who actually stopped the FDA from corrupting the information that the public got.

0:00:56 A good friend of mine, Jeffrey Smith, who almost single handedly educated the public in this country and around the world to what GMO means. And it could sound pretty frightening, pretty scary. If you listen to all of this in the last couple of days, you've been listening to authorities and attorneys, basically investigative reporters, who tell you how bad it is. As bad as you think it may have been with chemicals, it's that much worse.

0:01:24 But the message of this real Truth About Health conference this year, in 2015 is not about the problem. It's about the resolution. And the resolutions are possible at Hippocrates Health Institute starting 60 years ago. We've been presenting the resolution, and the resolution is personal responsibility. It's that simple. Two words personal responsibility, not political remedies. Those days are gone.

0:01:57 Those days are gone. Not corporate change in mind. Not going to happen. Corporations are meant to make money. That's what they should do. But not govern your life. Amen. And we've been watching for all of those years, myself for 44 of those years, people who take responsibility, able to create extraordinary futures for themselves, and the hopelessness that reigns worldwide now is completely unnecessary and unwarranted.

0:02:34 We're in the most hopeful time in human history. I can promise that to you. That we have something that connects us like nothing else has called the Internet. As a matter of fact, yesterday, when I was so busy doing work, I watched from morning till night here on a big screen TV, and it was like watching television. But my friends were there, including some of you sitting here. Isn't that amazing? Now, I could not have done that 20 years ago if you had told me 20 years ago that was going to happen, I would say, forget it. That's fantasy.

0:03:04 So the bridging of our cultures, the bridging of the world, the one humanity, is no longer something that we talk about in mystical ways, in spiritual groups. It's something we now see in technology. And so this is not a bad thing. It's a good thing. And it's going to level the playing field. All of you, the people I call the army of love, the mission I give you when you leave this conference, after many of you being here for actually one third of the month of May in 2015, give yourself a hand for that.

0:03:44 We have people here from all over the world, and I want you to go out there as the army of love and share this with people. And it's no longer that you have a solo, single voice. You're part of this ever growing group of loving people who don't only want to change their life, but want to change their family, their community, their countrymen's life, as well as the human citizenship of this world. The separations are no longer warranted. We cannot sustain separations.

0:04:16 We are one people and one people. Together we will make things completely correct again. We were handed this planet, and we will make it what it was. And thank you. And I want to thank God for whatever that means to you. Each of us have a different interpretation of that. Some of you are Christians and Muslims and Buddhists and Hindus, and some are nondenominational. And some of you may even be atheist. It doesn't matter.

0:04:47 But we all know that there's a greater connectivity that we all are together in. And that omnipresent connectivity never leaves us 24 hours a day, seven days a week. We are there. We are constantly there. We are never not together. We are never without support. We are never alone. And so just remember, you have the strength of God deep in your heart and soul. Just express it. Express it honestly, purely, with truth and transparently.

0:05:19 So God bless each of you. To end this conference, we're going to go to one of the biggest problems that all of us have. And maybe it's why you've been a little goofy. I know it's why I was really goofy for a very long time. It's called dope, but it's not the notorious dopes of alcohol. Common dope or heroin or cocaine. It's a more addictive substance than heroin, cocaine and alcohol, and it's called sugar.

0:05:53 Now, every word I say, I want you to get because I don't say anything lightly ever. I say things casually because I want to have it get into your heart and soul. But when I say it's more addictive than heroin, cocaine and alcohol, that's a fact. That's a scientific fact. You're going to hear me talk about studies that were done recently at Princeton University, where they put animals inside of a cage and literally gave them a choice to either drink cocaine or to drink sugar. And guess what? They drank.

0:06:28 And when they look at the brains of humans with MRIs, they actually see a mechanism in the brain that actually creates dopamine activity and serotonin uptake becomes much brighter and much more active when we take sugar than even other notorious substances. Now, this is something that was not widely ever consumed a century or two centuries ago. It was only the very elite, the aristocracy, that had processed sugar.

0:07:00 And the average person did not consume sugar. Little did I know until I began writing my book this year that should be out by the autumn called Sweet Disease, that it was the number one impetus to slavery, which I loathe and hate the manipulation of other human beings for our own good. I loathe it and hate it. Little did I know when I was addicted to sugar that I was actually supporting the history of slavery.

0:07:26 Did you know that? So when we captured the poor ancestry from Africa, because we all come from Africa, there's not a serious anthropologist on the planet Earth who doesn't know that. We know exactly where we come from in Africa. And it's actually a little valley in Ethiopia where people aren't brown, they're black. When you hear the word black, they are black. It's so beautiful. Black, they shine in the sun blue.

0:07:54 That's where we came from. And they went and plucked our ancestors, our very blood, and put them on slave ships and brought them all over the world, including here, to my country, the United States, which I'm proud to be a citizen of and literally figured out it was more expensive to feed the slaves than to just work them until they die and then get new ones. And it was because of the sugar trade that that happened.

0:08:21 And before you know it, we started to put people into factories and move them into cities, away from farms where they were for hundreds and hundreds of years. And before that, nomads. And realized that the Earth was abundant, and anywhere we walked, we had what we needed. And when we put people in these cities and cubicles, they unfortunately had no way to eat out of their organic farms or organic gardens anymore. So we had to process things, and we didn't have a refrigeration.

0:08:53 So the two things they know would preserve things are salt and sugar. Did you ever think about that on meat, which nobody should have ever consumed in the history of humanity. And by the way, if you consume meat in your country, around the world, you're a minority because six out of ten people on the planet Earth today primarily eat a plant based diet. So you white folks, yes, you are a minority, too.

0:09:20 So they put salt on that meat because they realized the bugs wouldn't eat the meat because they didn't like the salt. When I was a little boy, everyone had gardens. They used to can the fruits and even vegetables with sugar. Why? Because the bugs wouldn't eat it. The bacteria wouldn't eat it at that point. So that's where we got our taste for this. So it was the maladjustment move from the land to the city that gave us the taste of sugars and salts.

0:09:50 It was then the industries that realized that they could profit from you that also realized you could become addicted to fats. And so the 70s was a boom of fats where we took away a whole lot of the other stuff, and we took away the fats. And once you tell somebody they can't do something, what do they want to do? Once I was told I can't kiss a girl. What did I want to do? The same thing with the fat. So in the 70s, they told all of you, don't eat fat. And every time somebody wasn't looking, what were you doing?

0:10:22 Eating fat. So the fat got into this picture too, but the one consistent thing is sugar. I remember years ago I had a friend, and in my generation, we weren't big alcohol consumers. We thought that was what our parents did. So it was sort of taboo and not a good thing, but boy, did we like to smoke grass. How many of you out there listening did that? President Clinton didn't inhale, but I certainly did for ten solid years.

0:10:50 It never stopped. And what did that do? I wanted more. What? Sugar? But what happens is, when you look at these types of things, the misinformation that you're given is just overwhelming. I remember when we were in Boston, they used to pit me once in a while because I was young, naive, and didn't know much. Every time they wanted to put us on the NBC local channel or one of the news channels, they occasionally would get Dr. Steer from Harvard, who was in the pocket of the big sugar industry, to argue with me.

0:11:28 And in those days, by the way, we were telling everyone, eat lots of fruit because fruit is natural. It's a great thing. Don't eat it. So I wasn't even that effective, and I didn't know very much, and I wasn't really I was a young boy, frankly. And so this guy would come on, and I would listen to him, and I knew he was wrong, but I didn't know how to articulate against him. But he was pretty much saying, there's no problem with sugar.

0:11:48 The more sugar you have, it's better. And they still have that resonating in the minds of people worldwide. Because, sadly, the United States has led the entire modern world in nutrition and health that other countries still look at our CDC and FDA as the guiding light in the world to see what we're doing and the laws we're making here to follow. Now, slowly but surely, that's not happening as much.

0:12:14 But up until now, right now, that's been the way. And what I recognized is, at a very young age that you can pay somebody as well educated, as well credentialed as they are to lie. And I also realized science, which I was acutely interested in, still am, is mostly checkbook science. There's so little real science today, it's almost impossible to find. How it works is quite simple. Somebody who's dressed like me, with a large checkbook on like me, basically comes up and says to the scientist at a very, quote, reputable university, here's the \$15 million.

0:12:55 Here's the answer I want you to establish and prove, and I'll be back in six months or five years. Now, those of you out there and even this conference. Many of my colleagues, God bless her soul, quote one study after another study. Wonderful. It's great to impress people with us knowing how to read. But how many of those studies, by the way, are legitimate? Very few. Matter of fact, I know when I write a book, I only pick the studies that's favorable to what my belief system is. How about you?

0:13:24 Thank God. It's really hard to find ones that are going along with my belief system, because I'll tell you, most of them are telling you the opposite of what I'm going to tell you. And so today we're going to take a voyage into the modern science that I cherry pick that I know hasn't been paid off. Because, by the way, it's so contrary to those universities and those research scientists being favored that many of them may lose their job from telling the truth.

0:13:50 Many of them may be cut off for future research. And the good news is, you saw a lot of these men and women over the last ten days in May. And it's wonderful to know that some people really are putting integrity, honesty and truth before their own butt. Isn't that great? So give all those people a hand. Now, being a person born in November, I've always loved the lips of women. How many of you men here like the lips of women?

0:14:23 Stephen couldn't wait to get his hand up. He had two hands up. So I start with that the kiss of death. And that's a double edged sword, by the way. Am I talking about the sugar or the kiss of the lip? It depends upon the woman. You're right. So sugar is notorious for promoting weight gain. We all know that. As a matter of fact, how many of you know that? The number one reason that you're a little chubby is you've eaten too much sugar?

0:14:51 And by the way, it doesn't have to be white sugar or agave syrup or honey. It can be too many mangoes. It can be too many strawberries, because all of them have been hybrid to have a lot of sugar in them. Tooth decay. Matter of fact, ever since I was born, they've been telling you that. And I used to visit the dentist. I knew the dentist better than my two brothers, I think because I had so many rotting teeth. It was amazing because my parents really loved me with sugar. How about yours?

0:15:23 The way the mom showed me love is when I was a good boy, which wasn't very often, by the way, I got sugar. If I was better more often, I would have had false teeth by the time I was five, I'm sure. Yet there is a much more sinister role much, much more sinister role that it plays in sparking and enhancing every disease known to man. Every disease known to man can actually be supported by eating too many fruits.

0:15:53 Oh, well, everyone else tells you to eat fruit. Maybe after this conversation you won't think the same thing. University of California, San Francisco states sugar in the amount consumed today pose a health risk, contributing to a minimum a minimum of 35 million deaths a year. There's a campaign now globally to actually put a warning, as we do on cigarettes, on the side of any added sugars in any processed food.

0:16:28 Now, shouldn't that be if you were a citizen who believed in equality and democracy, wouldn't you think if 35 million people, conservatively or die, there may be 70 million these things can be proven? Don't you think it should be mandated? Let's put it up course. And by the way, you'd be sun because at most health foods that you'd be eating, there'd be a big sign on the side of that, too potential death from eating raw treats with agave syrup.

0:17:05 What's he doing? He's taking away the agave syrup. Now here are my two friends down in Palm Beach County, the Fanajule brothers. I give them a different name, but we won't say it on tape. Now, how many of you know Italian here well, you know what I mean are among the largest sugar producers in the entire world and control the sugar industry in the whole United States. Matter of fact, one of their sons lived about two houses from me years ago.

0:17:38 He was one of the poor members of the family, I think, because these boys live on the other side of the bridge, as we say. They own about 12% of the entire Palm Beach County, you know, at large. The county here in Florida, as I live in, if I got into a car and drove 80 miles an hour, it would take me about 45 minutes to go from one side to the other, south to north or north to south, and probably about an hour to go from the ocean out west. They own 12% of that. And what do you think they do with that 12% sugar?

0:18:09 They give large donations to all politicians. They don't have one side, as today is unfortunately common. They don't go with one party, one ideology, one philosophy. They go to whoever makes their dreams occur and they manipulate the laws they were behind preventing the use of stevia. As a matter of fact, they almost won. You know who kept our rights here in the United States for stevia? First time I'm

ever going to honor and acknowledge somebody. I don't usually do.

0:18:40 The soda industry. Soda industry. Soda industry stepped in a couple of days before you were going to lose your right to have a sugar substitute that's legitimate and healthy for you, called Stevia and said, you can't outlaw this because we want to use it in what? Soda. So I'm not going to have you give them a hand. But anyway, give them a nod. Now here's the big bummer, because, look it, when I joined the team of hippocrates. Back in the 70s, we were big advocates of all raw food, including lots of fruit. Now, I was really happy because I was a sugar addict like the rest of you.

0:19:19 I was eating so much sugar, my eyes were crossed most of the time. And the reality was, it wasn't called sugar. It was called carrot juice, fructose, same as in mangoes or beet juice. Large geographic areas of the world get their sugar from beets. Remember this? And watermelons and strawberries and grapes. Somebody today, we were writing an email back as we drove here today, and they said, you know, I'm feeling weak when I don't have sugar. That and I know you need sugar. So I wrote back and said, you have either low blood sugar or high blood sugar. And by the way, the disease you're fighting, it wouldn't be wise to take the grapes. You're suggesting it's almost biblical.

0:20:02 Grapes? How could grapes be bad? Jesus spoke about grapes. People equate these things like crazy hybrids. Fruit of today has an average of 30 times more sugar than the original fruit. I want you to have that sink in here, in the room and out there in the world. So you're eating a fruit, thinking it's natural. And I'm sitting here telling you, the average amount of increase in sugar is 30 times more.

0:20:31 One time more, two times more, not 30%. Human pancreases have been so taxed over the last several generations due to the consumption of processed sugars. They have actually gone on strike, whereas enabling sugar to go directly into the bloodstream promoting disease. So the second problem you have is sugar in fruit is shockingly high today. It's not the original fruit. It's been hybrid for hundreds and thousands of years to have more and more sugar.

0:21:04 I'm not even touching on genetic modification, which is going to make this bizarre in the very near future. And then you have the second problem is that your ancestors, four generations ago, didn't eat processed sugar unless you were the elite. Any of you part of the aristocracy here, raise your hand. We're going to ask you to leave immediately. Not really we even welcome the aristocracy here. But the reality is, in four generations, three generations, they ate so much sugar, this poor little organ that's supposed to regulate sugar in the body broke.

0:21:38 And so even little tiny bits of sugar that you're consuming go directly into where the bloodstream? Now, we have a name for that called blood sugar. Either low blood sugar or high blood sugar, but it doesn't stop there. In the 19th century, only the aristocracy consumed processed sugar. It is estimated that these individuals consume no more than £2, about a kilo a year. Think about that. They'd only pull it out on Christmas or Hanukkah or special holiday or their birthday, and they'd eat morsels and they'd lock it up. They actually had a piece of furniture in their dining area that had a lock and key on it, because they know that the help

would be eating it. Otherwise, I would have been in there eating it if I were the help at one point, too.

0:22:27 Ironically, today sugar subsidies. So governments worldwide now subsidize the sugar Quartel. What kind of brothers down in Palm Beach County, fanajoule brothers, you Italians have the poorest members of society consuming the largest amount of sugar. So it went from the aristocracy consuming the most sugar because of subsidies. Today, the poorest members among our societies worldwide consume the most sugar.

0:22:57 Isn't that sad? And once again, the poor get shaft. Ironically, the rest of us who have a little bit of knowledge and a little bit of money, we sort of know better. So we consume about £120 of sugar a year. But here's a sad one. I see this quite often, matter of fact, right here in Orlando, Florida, the home of all these entertainment parks. I'm positive that we could find thousands of children right now, this minute, putting sugar down their throat.

0:23:29 Would anyone disagree with that? Matter of fact, when you go to a lot of these entertainment parks, which have a lot of merit, I think they have, it's a wonderful thing for a family to go there. But by the way, the only thing you can buy there happens to be stuff like this. You don't even have a possibility. You have to smuggle in. That's why they shake you down at the front. To smuggle in real food there, you go into either a theme park or you go into a movie theater. You have to wear a raincoat and put stuff in the back.

0:24:01 Actually, one time when our children were young, we were sneaking food into a movie theater and they stopped us and wouldn't let us come to the movie. We'd already paid for it. I said, isn't this crazy? Remember that our children, on average consume double their weight in sugar a year. That means a twelve year old, 100 pound, 45 kilo child literally will consume either 90 kilos or £200 of sugar a year.

0:24:34 Now, think of that. What do you think that does to their brain, their body, their teeth? And the blood sugar floating around in their bloodstream invites disease and one step more for all of you pretty people out there. Premature aging. In my books I write for the academic communities. I talk about the real research that shows you high sugars, including fruit, age. You prematurely. Not maybe, not possibly. Absolutely no question that most of us, estimated 75% to 82% of us, do not have adequate amount of oxygen in our body at any time.

0:25:11 So the two molecules that are required to go into the mitochondria to give fuel to the cells so that sugar can be burned are not there in approximately 80% of our cases. So this even furthers the problem and the potential for sugar to go into the bloodstream, many, many more bits of sugar will be in there, highly elevating the potential for what? Premature aging and disease. Now, we're going to go through this quick.

0:25:47 Simple sugars are things like sucrose, glucose, and fructose. They're all important carbohydrates, commonly referred to as simple sugars. Sugar is found naturally in whole foods and is often added to processed foods to sweeten them and

increase flavor. And that's where we want to stop the structure. Simple carbohydrates are classified as either monosaccharides or disaccharides. Monosaccharides are the simplest form.

0:26:16 Most basic units of carbohydrates are made up of only one sugar unit. Glucose and fructose are monosaccharides, and they build blocks of sucrose and disaccharides. Glucose, the most important monosaccharide. And that's important for most people to realize that you don't need this at all. Although it's one that we get, it's one we're using all of the time, you have absolutely no need to eat this that it happens to be in salad. Green salads have enough sugar in it, plus the green salad carries along with it in its raw state, oxygen molecules that allow this process to occur.

0:27:00 One of the other furtherings of scientific evidence that the body was built to eat raw food is what I'm now discussing, that once you cook a food, be it a green vegetable or not, you eliminate the oxygen molecule from it, neutering the potential for these to start to feed the mitochondria. Because, remember, the two last elements are no longer able to work because they don't have adequate oxygen with it.

0:27:27 So every time you cook a food, be it an organic, plant based food or not, you're removing the oxygen potentiality. And that, in and of itself, create a much higher levels of sugar in all of the bloodstream. Now, here's the one I want you to focus in on, because this has been the good guy up until now. I'm sort of the grin reaper, and in my field, many of my colleagues still look at us like we have two heads, but they'll eventually catch up with the sciences we have.

0:27:54 And please heed on this one. Not that I'm a genius research scientist, but I'm a nutritionist and have been so my entire adult life. And after I came to this conclusion at Hippocrates more than 30 years ago, and we remove fruit from the diets of people who were facing major diseases, our medical team has clearly and clearly observed that they have greatly improved versus when they continue to eat fruits.

0:28:21 Fructose is a sugar found naturally in many fruits and vegetables and added to various beverages such as soda and fruit flavored drinks. People like Michael Poland. If you've read his brilliant work, he's not a scientist. He writes more intelligently than most scientist I know. And if you want to read the most impressive thing ever written in the history of science from a non scientist, it was in the New York Times Sunday pull out about 15 years ago.

0:28:52 Access him New York Times Sunday edition, and you're going to see a four page rendition of what happened to our society once we started to put fructose, fruit sugar inside of sodas. Now, as bad as white sugar is whoa. They started to put fructose into this. It made white sugar look like a good guy. However, it is very different from other sugars because it has different metabolic pathways and is not the preferred energy source of muscles or the brain.

0:29:26 Now, let that sink in, man. We're talking about biological biochemical science here. This is not Brian Clement's opinion. This is biological science we're talking about. This is not what the body wants. The body does not want fruit sugar. Here's what happens when you take it. The brain doesn't work and the muscles don't

like it. So when somebody says, I'm eating fruit and I'm running, you're not going to get much of anything from that.

0:29:55 Or, by the way, I want to think more, so I'm going to eat a lot of sugar. If you're eating fructose, you'll actually think less. It's actually going to impair your thought patterns. Fructose is only metabolized in the liver and relies on fructinase to initiate metabolism. It is also more lipogenic or fat producing. Now, think of that. This is the only sugar, processed sugar that we eat that acts like fat in the body.

0:30:28 So why would it not help the brain? Why would it not help the muscles? What does it reduce if this sugar oxygen? If this sugar acts like fat in the body, you literally are now reducing oxygen by putting something that creates a fat structure in the body. Well, how come everyone else says it's good? And how come it looks natural? How come it's on the tree? Just follow the pattern here. Unlike glucose two, it does not cause insulin to be released or stimulate production of leptin, a key hormone for regulating energy intake and expenditure.

0:31:11 These factors raise concerns about chronically high intake of dietary fructose because it appears to behave more like fat in the body than like other carbohydrates. Volumes of scientific data show that fructose precipitates disease and premature aging more than any other source of sugar. Now, isn't it sad that I have to sit here in the Real Truth About Health Conference and tell you this, and nine out of ten health authorities are going to tell you that I'm wrong.

0:31:42 Sucrose is commonly known as table sugar. How many of us got a lot of that in our family? One thing we knew is watermelons and cantaloupe and honeydew melons were not sweet enough. On the top of melons, we would actually pour about a half a kilo of what? Sugar. Think of that. Now, when I eat a watermelon, my teeth throb it's so sweet, I used to dip it into sugar just like lobster. You used to dip into butter. It wasn't fat enough.

0:32:17 Now, here. We go through the list of the notorious ones so that you get a little awake to the propaganda and salesmanship and all the misinformation that's out there today, because people are going to tell you what they want for their own interest. And I don't think everyone's sinister and I don't think everyone's bad, and I don't think everyone's just scheming constantly to get you to buy their product. I think people have, unfortunately, too little information.

0:32:46 What I've tried to do in my life is when I don't know enough not to have an opinion. But unfortunately, a lot of people jump to have opinions when they don't know very much. White sugar. It's 50% fructose and 50% glucose. Everyone knows that's bad, right? I always joke and say it's the only time I've ever been told something white is bad. Brown sugar. Remember the Rolling Stones? Great song, by the way.

0:33:13 It's pretty much the same thing. Now, when I was first entering into all of this, they used to say, oh, eat brown sugar. It's much better than white sugar. I said, brown sugar is white sugar with molasses on top of it. That's about it. It's the same exact thing. Dextrose sucrose made from starch, so they could actually get

that from a white potato. High fructose corn syrup, 55% fructose, 42% glucose.

0:33:40 Most people out there listening today, your children, your friends, your family, your co citizens, globally, they're getting most of that from soda pop. But a lot of you raw food eaters are getting it from over consuming fruits. And it's the same thing because, oh, well, it's in soda, so it's not a different chemical. Fructose is fructose. I don't care if it's in a ripe organic cherry or if it's in a soda pop.

0:34:10 Same exact sugar. Now, here's the big one. All the raw foodies freak out when I get to this one. This is the most systematically problematic of all processed sugars. If I wanted to give you something to hurt you, and I'm not like that, so I wouldn't do it, I would give you agave syrup. The minimum amount, and it's hardly ever this low, is 55% fruit sugar. Most of it that you're eating, certainly in the form that you're eating it, it's 90% fructose.

0:34:41 Now, let's go back and remind you what I said about two minutes ago. The only sugar that acts like fat in the body, reducing oxygen and preventing the possibility for sugar to be used as an uptake into the cell as energy is fruit sugar. Other sugars you may have too much of, they may float around and be blood sugar, but the one that is most resilient and resistant happens to be fruit sugar. And that comes in agave syrup at the top of the list. So let's give agave syrup the number one placement here. Come on, I know you reluctantly do that. You just had a raw pie, half of raw pie with agave syrup in it because some raw foodie told you how wonderful that was.

0:35:22 Maple syrup. Being an old resident of New England, boy, did I eat a lot of maple syrup. And out there, I hope I'm not offending you in the New England area, but if I do, listen closely, because this is 60% sucrose and not good for you at all either. But it's not fructose xylitol derived from various fruits and plants. It used to come from what? A birch tree. So the original Xylitol, but they changed the law so they could make more money, had to come from a birch tree, which was pretty similar to maple.

0:35:55 Little bit more sugar, but pretty much the same. Honey. The old standby, I used to eat, literally, my buddy and I, we shared an apartment, used to eat one gallon of honey a week. Now, when I read something was good, I really took advantage of that. I remember I was so addicted to sugar that we'd get these open mouth I'd go sometimes an hour to find the open mouth honey jar that was this big. So I could take the whole wheat, of course, whole wheat organic bread, and stick it in with my entire hand and just pull it out and eat.

0:36:27 I didn't even want to bother to spread it on there one gallon a week of that stuff. 30% sucrose, 40% fructose, brown rice syrup, 45% maltose, glucose, maltose, gross. And then date sugar. You say, oh, it's from a date. High fructose content, depending upon the date. Mad jule dates. My old favorite. My old favorite fruits always had the highest what? Sugar content. Of course. My favorite orange honeybell didn't even exist 50 years ago.

0:37:02 They spliced together a grapefruit in the tangerine and made sure it had a

lot of sugar. Coconut sugar. The new guy on the block, the raw food community is in love with this. 170 79% sucrose, three to 9% each, glucose and fructose. Now, does this mean fructose is the worst and all the rest are okay? I'm just telling you, the one that you thought was the best is the worst and all the rest are horribly bad.

0:37:28 So that's it. There's nothing on that list that you should ever, ever consider consuming. That's it. Now we get to artificial sweeteners. Now, here's where they get you. My poor mother, she would be sitting and eating a big giant piece of white frosty cake, and she'd always have a diet soda there, God bless her soul. And we'd say, mom, you're eating the cake. But she said, Well, I have a diet soda.

0:37:56 And so this is how they control the minds of the public worldwide. You don't even know you're controlled. You think you have freedom. Basically, they have you believing that if you're doing one thing right, it abolishes all of the wrong things you're doing. What nonsense that is. By the way, I have a book in my library called Aspartame Disease the very one, notorious one. Do you realize it's that thick? It starts with brain cancer and works its way through other diseases.

0:38:28 Here are the four most common. And we don't labor over this because we're going to open some questions, but each and every one of these are deadly connected to cancers, connected to neurological disorders. Matter of fact, the first Gulf War Syndrome, we think, was from Aspartame poisoning. All these wars are planned. They get you all excited and they come out and say, well, we just decided two minutes ago to have a war.

0:38:56 They planned that war for months, if not years. And so they actually dumped hundreds of thousands of cans of soda into the desert when it was 100 degrees, 110 degrees, and they sat there for two months before the European and American boys showed up. And what we know about Aspartain, it doesn't have to be really hot. It gets into the upper eighties and it turns into a poison, a neurological toxin. And so that's what we think most Gulf War Syndrome. The original Gulf War Syndrome came from now there's other things too. They were getting inoculations, and vaccines for things that they may get.

0:39:34 But the overwhelming consensus from the research scientists that I've gotten to talk to out of the military over the decades is that's the number one cause of this. So let's give this group a hand, because they've conned you on this and it's all deadly poison. How many of you ever had any of these tea? All of us. Even if you don't know you had it, you probably had it. So aspartain I'll just touch on this one because we could really get you disappointed and frightened about this. Aspartain was actually in the military arsenal.

0:40:08 And during the President Reagan administration, he had a colleague called Reagan. Remember Reagan? I think they were trying to confuse us. But Reagan, in his last term as President, reagan was talked to by the industry, chemical industry, and they said, we want you to write a ruling out of the White House that you'll liberate Aspartame. And he said, Why? He said, well, we've done these diligent studies, and they always do, these poor politicians.

0:40:40 They're not all completely corrupt all of the time, just most of the time, but some of them, they don't have time, and they don't have time to read. I've talked to congressmen, senators, et cetera. They've all said to me, when we sign a bill, we cross our finger and hope our aides and assistance were correct on the issues. How can you read a 10,000 page bill or 1000 page bill? It's an impossibility. You're seeing several of these. And so what they did is they overwhelmed Reagan with this information, said it's perfectly safe, it's no problem. So liberate it. And Reagan administration liberated this out of the Pentagon's arsenal and then it was used by the soft drink industry.

0:41:19 Now, I want to repeat something that that little clip told you to show you how unethical we've become in our governments today. That the Food and Drug Administration. 75% of the allergic reactions reported in this country alone we're not talking about France or Germany or Denmark or Sweden. This country alone, 75% of the people that write or go to their doctors or call the United States government Food and Drug Administration. It's because of the consumption of aspartame you also notice they said it causes allergies, but it also may cause something called death.

0:41:53 You ever hear that before? We're all going to eventually get there. Now, something that has a potential to kill one person, wouldn't you think that should be suspect? Forget dozens or hundreds or thousands of people over the years that this may be used. So you, as citizens of the world, literally have to get up and start to demand some honor, some ethics, some truth. If you don't do that, it will never be done. And by the way, you heard what my colleague Rudy said, that down in Brazil, because the people got up, they stopped a major corrupt plant from being in their region of the world.

0:42:40 We've seen it in France with the bees where they outlawed the parasite and the pesticide that was causing the kill off of bees there. And when you start to look at this, you have a voice still, but if you don't use it, it's going to go away. Now, here are the pathways. Not that many of you have to know this, but I'm going to tell you why sugar is horribly bad. First, it stresses the organ. It actually makes the organ not work well. It starts to fail the organ.

0:43:14 What organ do you think it fails the most? Pancreas, second heart, third kidney, fourth liver. We started to have the immune system weaken. And then this disease, as other diseases come in, there's not many different categories of disease. There's one problem with disease, a weak immune system. How do you prevent a disease? Strengthen the immune system. What helps you to reverse a disease? Strengthen the immune system.

0:44:37 It's very, very single minded, but it's factual. By the way, cancer cells have 15 times more insulin receptors than normal cells. So now what you're doing is you're putting in 15 times more possibilities of receiving sugar than with a normal cell, another type of cell other than cancer cells. So the outer layer of the cell starts to degrade. The immune system can no longer eliminate. So it actually is like you remember candy apples.

0:45:11 So candy apple coats. Picture the apple as being the cell. It completely coats the apple. So nothing can get in, nothing can come out of there. Systemic

candida becomes a fungi. And this helps tumors to grow because cancers are anaerobic, meaning they don't like oxygen. And you look at the work that has been done by many institutions currently. Some I've mentioned during this conference. And all of them agree with Warburg's work back from the early part of the 20th century that fermented sugars reduce oxygen, reduction of oxygen. One third of oxygen reduced in a 48 hours period dramatically increases the potentiality for all forms of cancer.

0:45:58 And sugar is the number one cause of this. And what is a type of sugar that can cause it more than anything else? Starts with an F. Fruit. Because it acts more like what a safe alternative? Here's the answer stevia. Thank God. Stevia is literally 300 times sweeter than sugar. That's not an exaggeration. That's a data based fact. So if you took a gram of fruit sugar and a gram of stevia, it's 300 times sweeter.

0:46:33 The problem that people have with stevia, they overuse it and it tastes horrible. You put two drops of a liquid, a proper form of liquid, stevia into a liter or a quart of pure water with a lemon in it, it's going to taste like you put eight tablespoons of sugar in there. So just use small amounts. And this is the bridge I wish I had. Now, when I gave up meat, I did it in one day. As much as I loved meat, I wasn't born a vegan.

0:47:01 I was born an idiot. And all I can tell you is that I loved meat and I loved the worst meat and salami, bologna, pastrami. I would put it in extra oil and fat on top of it. But one day I gave it up. Dairy took me three years because the moral issue, as you heard my good friend here, Dr. Will talk the last two days. Isn't he great? His heartfelt greatness. So morally I say, well, I'm not killing it. I'm just milking it. Even though I'm not milking it, I'm milking it.

0:47:37 So three years it took me to give up dairy food. But the real killer was three decades for sugar. Again, going back to where we began. This is the most addictive substance that humans have ever touched in their life. You want stevia? I wish I had stevia. It may have gone from three decades to 29 years, but three decades hopefully to one decade or five years. Because if I thought I was getting sugar, it's like methadone for heroin addicts, right? I probably would have been okay.

0:48:10 I wouldn't have needed the sugar. I wouldn't have needed the dope if I thought I was getting the sugar. So this is the one that you need. The other thing you need is protein. What we do know in nutritional science and biochemistry is what creates blood sugar concerns and addictions overeating. Even if you're not addicted to sugar, you're addicted to pasta, you're addicted to bread, you're addicted to potatoes. They're all sugar. They just take 30 minutes to turn into sugar. So you're a closet case sugar addict.

0:48:37 I don't eat any processed sugar. Then I look at the bowl of spaghetti. It's enough for 82 people. 30 minutes later, you might as well have taken a cup of sugar and doused it, just eaten it. And so, bottom line is, proteins regulate the hippocrates. Living food diet is the highest absorbable protein diet on the planet Earth. Sprouts algae's, carry these little algae's in your pocket. I wish I had done

this. I didn't know about this then. And every time you want a candy bar or an agave syrup or a soda or God knows where you are in this process, take two, three, four, the bigger four or five, these little tiny pills, pop them in. In 1015 minutes, you start to regulate sugar because the protein actually magnetizes it and holds it together, taking it out of the bloodstream. It also has essential fats in it with the algae.

0:49:27 And algae, by the way, significantly is the highest level of protein of any food known to man on Earth. In the case of the little algae, is chlorella. It's 52% protein. Blue green algae, 54%. But to save money, by the way, for this purpose, just use a chlorella, because one doesn't work that much better than the other. Now, blood sugar conditions, we're not diminishing the importance of obesity, but our data suggests that there are additional factors that contribute to diabetic risk besides obesity and total calorie intake, and that sugar appears to play a prominent role. Stanford University so now, what they used to deny just a handful of years ago is in the hierarchy of research, brave doctors saying this, because I'm sure, and I don't know this to be a fact, that Stanford, like many other of the Ivy League and large universities globally, are funded by food industries and pharmaceutical industries.

0:50:24 So you have to have courage to get up and say what's really happening sometimes. So if you look at what Lustin says down here, most of us look at the Sir Bratford Hill examination associated with inferred causation. That means if you do something, what happens? Well, in this case, if you do something, you end up with diabetes. What is the thing that you're doing? Eating sugar. So what we do know is the number one cause of type two diabetes is generally fat. There are some exceptions, but generally fat. And even skinny people can have too much fat in their bloodstream.

0:51:03 Sometime when you literally see thin people, you assume they have no fat. They may have more fat than a plump person in their bloodstream. And when that fat gets in, it smothers a cell just like the candy apple I've just spoken about. And even the little bit of processing of burning of the sugar that would go on is no longer possible. And so now all sugar, or the vast majority of sugar remains in the bloodstream, causing a diabetic condition. Then you eat sugar on top of the sugar you have, and that's when the jig is up. That's when you're in big trouble.

0:51:34 So university of California, San Francisco. They say, reexposed and the disease gets worse again. So you take away the sugar, people get better. You give sugar and people get worse. I've been watching this in my four decades of work with people. We see the quickest things happen are with blood sugar, with everyone. You see that immediately. Our medical team, of course, we do a lot of blood profiling, and one of the things we look at is glucose numbers. And within a matter of days we're not talking about weeks, days. Just like up until recently, we used to think that it took years to get a fatty liver.

0:52:13 Studies that were just conducted show it takes days to get a fatty liver. If you go completely bananas and eat overwhelming amounts of sugar, in a matter of six to seven days, you can start to develop a fatty liver. Look at this poor little child. He was probably loved. Now, this is what addict parents do to children. If

you're a sugar addict, and you are, by the way, there's one pledge I want all of us globally to make now is let's put our hands up in the room and out there. I am a sugar addict, and my determination is to become a recovering sugar addict.

0:52:53 Because I'm going to tell you, you're never not going to be a sugar addict once you're a sugar addict. I've had the great privilege to not feed my children, my four children, sugar, and my children don't want sugar. If I gave them a choice between a very green tasting sprout juice and a mango, they would take the sprout juice. To even get our children to eat fruit is a difficult thing sometimes. We may have overdone it.

0:53:21 Since 1990, the World Health Organization has recommended that intake of free sugars should be less than 10%. Now, that's down from what we're doing. I mean, at one point, probably 50% of my diet was some form of sugar. How about you? So 10% is reasonable. People now expect to keep their teeth into old age, given that the negative effects of sugar on teeth are lifelong. Limiting sugar less than 5% of our caloric calories would minimize the risk of dental cavities.

0:53:56 Now, this is a Newcastle University out of England. The truth is that they don't want to be brave enough to say, don't eat any form of sugar. And the worst sugar for the teeth is, what does anyone know? And I'm going to put the word organic in it doesn't mean it has to be organic, but organic dried fruit. He said the number one way to rot the teeth out of your head is organic dried fruit. Why? It's like God created that to rot your teeth.

0:54:25 It sticks to your teeth. White sugar doesn't stick to your teeth. You have residual effect there, but you don't have it sticking to your teeth. And I don't care if it's organic or not. So if you are ever going to eat dried fruit, you better carry dental floss with you and water picks and immediately clean it out because otherwise it starts within a matter of seconds. Eating the tooth. How many of you know osteoporosis has an awful lot to do with sugar?

0:54:58 Studies have shown that consuming excessive quantities of sugar, processed and refined sugars, as sucrose and high fructose corn syrup cause a large urinary calcium excretion, both in healthy study subjects and in those who were prone to kidney stones. This is not surprising since sugar is a highly acidifying food. So all of you that talk about alkaline diets and I'm going to get alkaline water, how about giving up sugar because oh, well, wait a minute. It's much easier to drink. I have to drink water, and water doesn't have a taste. But you mean I have to give up sugar because it's one of the highest ways to get acidity in my body, and the answer is yes.

0:55:44 Not maybe, not possibly. I want to make you acid. I give you sugar. Agave syrup. Organic agave syrup. Raw agave syrup. No such thing, by the way. There's no such thing as raw agave syrup. Just like the word natural is prostituted. The word raw is prostituted many times. If you don't have ethical companies like the ones we had here, they're probably lying to you. The reality is, it takes 180 degrees, minimally, to extract from the cacti the fruit sugar from that you and I call agave syrup.

0:56:19 How many of you know heart disease? This is one of the most stunning ones. And I'm just cherry picking the best studies. I read 285 hours putting this book together so far. I'll probably read another double that before I finish the book this summer. Over the course of a 15 year study this is a big study, the nurse study I love this study. Who took in 25% or more of their daily calories as sugar were more than twice as likely to die from heart disease.

0:56:51 Now, somebody should hear that because most of you take in a lot more than 25% of your diet by sugar. You have two times greater chance of dying from a heart attack or a stroke. How come I'm telling you this? How come I'm telling you out there in the world, how come this isn't on the front page of news? Because let me tell you, it's a multibillion dollar industry to take care of a disease that's not really a disease called heart disease.

0:57:20 And let me assure you that this is an empirically rich study. When you take 15 years and thousands and thousands of people, you don't come up with a number that's not accurate with this one. Now, when you have a study where you look at four people over two weeks, that's subjective. But not 15 years with thousands of people. And they took nurses who, by the way, are above the fray with health. Nurses are in the face of disease and death every single day and usually make much better lifestyle choices than the average person.

0:57:51 Isn't that true? A lot of the nurses, you know, may not, but I'm going to tell you, on an average, they make much better choices than do other people, because they see what death looks like, they see what disease looks like, and they are above the fray. Now, nobody's ever done a study that I know of that say they're 10% or 20%, but even if they're 2%, and I would think it's more like ten or 20% better living and lifestyles.

0:58:17 Look at what's happening to these people. And by the way, most of you are taking 30, 35%, 40%, as I joked with you, and I probably am, right between the fruit I was eating and processed sugars, honeys and all of that, I was probably 50% of my intake of food was sugar. Sugar sweetened beverages such as sodas, energy drinks and sport drinks. How many people die a year from energy drinks? Anyone know?

0:58:40 Hundreds of deaths are documented from energy drinks every single year. We had a sweet boy come to us at Epocrates with his entire family. His mother from Quebec, Canada, his two brothers and sisters. They were geniuses playing music. They actually gave us Baroque concerts when they were there. We cry. They were so beautiful. They were gifted, gifted in music, the whole family. And about a year and a half after the boy graduated, was a complete vegan and everything. He went out with his buddies who were drinking. And of course, he didn't drink, but he took five energy drinks at night, and they found him the next morning dead.

0:59:14 That was the first time I awoke to this. So I wrote an article about him in the hippocrates magazine called Healing Our World. If you want to look at the last 35 years of those magazines, you can get on the hippocrates website, hippocrates Institute, and basically look that story up. It's touching. But then I basically looked at that. There are hundreds and hundreds of studies that show that children are dying from these things.

0:59:40 And sports drinks, it's like sports bars. That's an oxymoron. Have you ever seen sport like, people in sports bars or big fat guys drinking in sports bar, watching guys run? You know, that's that's the way they get athletics. Oh, look at them run. Oh, look at Joe over there. Have another beer. Sports drinks. And when you run, you know the big question I have from runners? They come to me, well, how am I going to do this? How am I going to run a marathon and a triathlon without sugar?

1:00:12 Look at the work that was done by our colleague, Dr. Cooper. Brilliant man on exercise. Matter of fact, he legitimized exercise as a science. Dr. Kenneth Cooper and a long time ago, about a quarter of a century ago, he did a study that blew our minds, all of us. He showed that Olympic athletes, gold medalists worldwide, were dying much younger and much sooner from major diseases than the rest of the general population.

1:00:36 Now, if you had asked me 26 years ago, other than people who live in the hippocrates way, who are the healthiest people? I would have said Olympic athletes. Wouldn't you have? And he knew nothing about nutrition. He was an exercise zealot, thank God. And some of his team members were doctors who had actually reversed cardiovascular disease that were a bit more interested in nutrition. And they went behind that. And they realized that why these athletes were dying. Because in their thirty s and forty s and fifty s, they were still exercising 30, I mean, three and four and 5 hours a day, like they were 18 years old still. But they were malnourished.

1:01:12 And so when you were eating candy bars and not getting micronutrients and not getting essential fatty acids and not getting adequate proteins to let the body rebuild again, because you're eating animal fats that are not adequate proteins for people, you literally end up with free radical damage. And it's free radical damage, and the sugar creates more of that than anything else. That's why it prematurely ages you, even fruit.

1:01:35 It kills cells and creates more free radical damage. And Cooper published that study, and we all woke up. If you want to be an athlete, you have better eat correctly. Have you ever noticed and I'm not going to bash runners, but they all look like hell. I put my foot in my mouth recently, I saw a man I thought was my age in their sixty s, and I said, you must be my age. The boy was 49 years old. That's what most runners look like.

1:02:02 They're pale, their hair is going gray too soon, they're getting wrinkles way above the rest of the time because they're pounding, pounding constantly and malnourished. Now he's on raw food. Thank God somebody, a yoga instructor or somebody, put him on raw food. But I hope it's not the typical raw food diet, the superfood diet, as I call it. That's not raw food, that's recreational food. The real superfoods come from the sun, and every drop of life comes from the sun. And the green leafy plant is the superfood.

1:02:33 Everything comes way after that one. Way after that one. So if you want superfoods, not the ones that taste best, that's what cancer looks like. And cancer is notorious for putting these tentacles out and spreading throughout the body to

suck up little stem cells. Because cancer is a child molester, literally, not figuratively. The only cell that can grow a cancer, make the cancer tumor bigger, is a stem cell.

1:03:02 And that little innocent stem cell is like a little girl, twelve year older little boy. Oh, yes, I'll do anything you want. And the cancer is like the guy in the. Car with a candy bar. Come on, little one, come into the car. I have the candy bar. And so those tentacles suck up that little twelve year old boy or girl, they get into the car and it grows the cancer. That's called antigenesis. Now, what we want now in modern medicine, and I petition you if you're listening out there today, is really get serious about anti antigenesis where you cut off blood flow to the tumor mass, stop the little baby stem cell from being molested.

1:03:35 So don't think that it's a nice, neat thing. You go into cancer and cut it out and it just disappears.

1:03:38 Brian Clement: Whoop by, it's all gone.

1:03:45 Numerous important findings show that cancer cells can readily metabolize fructose to increase proliferation. This is major significance for cancer patients given dietary fructose consumption, which indicates that efforts to reduce refined fructose intake or inhibit fructose mediating actions will disrupt cancer growth. University of California, Los Angeles so when we started this conversation nearly 35 years ago, we were the weirdos.

1:04:19 Oh, we weren't the medical researchers. We had to be wrong. Well, guess what? Finally, shoulder to shoulder with what we discovered 35 years ago are the brave members of the research community out there that tell you these things today. That's what let's go back again. That's what cancer looks like when it's eating sugar. Actually, a photograph with a Pet scan being employed where they inject sugar into the body. It's the most revealing, one of the most revealing ways that oncologists can determine if you have cancer and where the metastasy, where that cancer is going to move.

1:05:00 They actually shoot it with sugar. The cancer eats the sugar, shows the epicenter of the cancer, where the most of it is, and where it's about ready to go to metastasize. Great, promising place. I don't know if they're making headway yet because they still talk about genetics, which has a very little role to play in overall cancers. But huntsman's Cancer Institute out in Utah. Very wealthy man is funding this and they're starting to do some really interesting work out there.

1:05:31 After extensive research published in 2009, the National Academy of Science, it has been known since 1923 warburg again, that tumor cells use far more glucose than normal cells. What did I tell you about eight and a half minutes ago? How many more? 15 times more. So a cancer cell takes 15 times more sugar than a normal cell. Now, that alone should end the conversation, but it doesn't. Oh, well, research from the University of Stupido from Dr. Schnohooki says if you know a cancer cell takes 15 times more sugar, wouldn't sugar have an ability to feed cancer?

1:06:13 End of story. Oh, no. Let's debate and negotiate it and let's wait for more literature as more people die. How about the doctor saying, gee, I don't know, why don't you just stop sugar for the hell of it? When I don't know something, I tell people I don't know. But by the way, I have a suspicion it may be that. So why don't you just not do it for a while? So the professor in the Department of Oncology Science in Molecular and Medical Pharmacology further investigated the metabolism of glucose and found there are biochemical signals present in cancer cells that attract and utilize these sugars to perpetuate malignancy.

1:07:02 So when they watched it closely, they actually found that cells communicate with one another, needing sugar to grow the cancer. There's actually a language of sorts going on, maybe a very sophisticated language that we don't understand, saying more and more sugar, get more and more sugar. So let me review very clearly so that any doubters out there, listen to real science, not the bologna that's been printed so far.

1:07:29 Number one, cancer cells take no question. There's been in my life, I've read 38 studies that say the same thing, that cancer cells take 15 times more sugar than any other cell. New research, four of them say that cancer cells communicate with each other, telling the cell how to get the sugar. Also at hippocrates, which should be interesting because that's called clinical. So our medical team now for 30 some years, because we took sugar out of the diets, fruit out of the diet of anyone who's fighting cancer, and then a year later, we removed it from viruses and bacterias and molds and yeast and fungus and low blood sugar and blood sugar. And we have clinical observation of what happens when you take sugar out of the body.

1:08:13 And then we have poor people that go back because you're such flaming addicts and start eating sugar again. What happens? So I think that's pretty significant. I don't think that's called anecdotal. I think that's called humane. And even my holistic colleagues here, they say, oh, well, you know, there's studies at a tough university. H a bit berries. No berries. You want the benefit in berries? Take the seed. That's what we did 15 years ago. The seed has the phytochemicals in it, because if you have a cancer, if you're not sick, a little bit of organic fruit is not going to hurt you, but it has to be ripe. Another thing we haven't even breached, no fruit is ripe unless you see it fall or you shake the bush and it comes off.

1:09:01 All of that's going to rob the bones, rob the cells, rob the body, rot the teeth, decay the teeth, give you arthritis, give you osteoporosis, because it's acid to begin with, and now you're going to have more. So take the seeds high protein, by the way, all these seeds that happen to have extraordinary amounts of phytochemicals in it have between 30 and 70 times more phytochemicals than the fruit itself.

1:09:23 It's in the seed, just like a sprout, has significantly more nutrition than a vegetable. What did you hear here? Three times I listened to it, and we're quoting the studies on sulforaphane. A sprout of a broccoli has 50 times or more anticancer properties called sulforaphane than a broccoli. Broccoli is great, but wouldn't you want 50 times more? And people don't like the taste of broccoli, some of you.

1:09:50 But you can almost inhale broccoli sprouts, eat a little bit, put it in

your hand. That's all you need a little bit every day to prevent

June 2012 Journal of Molecular System Biology reports Gratch and his colleagues' data stating depriving cancer cells of glucose activates a metabolic and signaling amplification loop that leads to cancer cell death as a result of toxic accumulation of reactive oxygen species.

1:10:24 So now they're saying you cut off the sugar and what happens to the cancer dies. Now, how come I'm telling you this here, if you're out there in the world, if you're sitting in this room with cancer, how come I'm telling you? I'm a nutritionist. I'm not an oncologist. Sugar and cancer fruit, its juices and all other forms of sugar cause inflammation throughout the body, leading to the development and metastases of every form of cancer.

1:10:58 These findings were published in the October 2011 Journal of Nutrition and Metabolism. Why isn't that on your local or regional news? Because who sponsors that news? Who pays for the newspaper? And if you believe everything that's on the Internet, think again, because look at the little tags that you see on the top of things. The more money you have, the more advertising you can do. And when they pervade our school systems, where they take our five and six and ten year old babies and they feed them this nonsense, and school districts make millions of dollars to let disease causing, sugar rich nonsense come in there and you feed your babies and children with it. It's so unethical.

1:11:50 We cannot any longer call ourselves civil. We're not a civil society. We're able to sacrifice our children's lives because we're so addicted and out of touch with reality. We feed them these disease causing things. And by the way, when you eat sugar as a child, do you know how much more chance you have of getting disease when you get older? And 70% of our children in this country and England beat us, more are overweight obese or morbidly obese, because the British Journal of Medicine showed the number one cause was sugar in soda pop.

1:12:23 If you could just ban that one thing or make it so much money that only the elite could drink it, then we'd wipe out all our problems. A guy that has my name, but he didn't know how to spell it over in Germany there with a K. Clement and Camerouna further stated cancers are so sensitive to sugar supply that cutting the supply will suppress the disease. This is the German Cancer Institute. This is a very, very notable, respected, and I agree, honorable group.

1:13:03 They don't just do light studies and pop them out to be impressing people, as a matter of fact, when they say that their jobs on the line because PET scans, they inject sugar into you. You don't even have to get it out of soda or cake or Gatorade anymore. You can go to the doc. They inject it into you. Now, by the way, if you're going to be diagnosed, a PET scan happens to be a good way to do it.

1:13:24 But years ago, they used to put the sugar in. Now they put radioactivity with the sugar and tell you they get better contrast that way. Another view of cancer. By the way, yesterday I spoke to somebody on the phone. They said, I went to my doctor at a big American institution of cancer, and the doctor said, whatever I do, don't try to build my immune system. I said, you got to be kidding me. So what do you say to that? The poor woman is desperate.

1:13:58 She's just told she has cancer, goes to a leading big schnautza. This guy's a big schnautza. It's not small. And the big schnautza sits there behind a big schnozza desk with a schnohoutza stethoscope with the credentials, 80, 85 universities. He got this and he got that, and he says, by the way, whatever you do, don't try to help yourself at Hippocrates. My wife's Swedish. Thank God. She actually does a demonstration where she shows pictures that were taken 45 years ago of the immune system attacking cancer.

1:14:37 How are you going to say that didn't happen? Do you realize in mainstream thinking today, they actually think the immune system cannot reverse cancer? Then how do people get well, magic. One night they went to bed and the stars were out. The next day they got up and all gone. Or maybe it was the heroics of bombing the body with nuclear waste that made it go away. Horner MD states that insulin is no friend to breast cancer.

1:15:11 Both normal breast cells and cancer cells have insulin receptors. When insulin attaches to these receptors, it has the same effect as when estrogen attaches to them, causing cell death to divide. When insulin levels are up, free estrogens are up. Do you realize that? Now, it's established in Oncological Science that 90% of breast cancer are estrogen positive, 90% of prostate cancer. And by the way, other cancers are estrogen related, too. Not just those two. They're the most hormonal, so they're the highest and the most researched.

1:15:48 What we're saying is, if you have a type of cancer that's estrogen positive, if you eat sugar, you're really in trouble, because not only do they have the receptor sites for estrogen, now you're feeding the receptor sites for sugar that, by the way, greatly and dynamically. That means rapidly advance estrogen factors. That's why if you eat a lot of sugar, men will walk like this and women will walk like this.

1:16:19 That's a joke, by the way. Now, here's something I'm not sure anyone can help I'm not going to lie to you and tell you I think we can help them. I think we can always help if you change a person's lifestyle, that's what we do for 60 years, change a lifestyle. People have to get stronger. Anyone that would denounce that let's have a debate. Let's have a debate on this. But Harvard Medical School found that teenage girls who consume high amounts of carbohydrates and simple sugars have a significantly higher incidence of breast cancer later in life.

1:16:52 Now, do you know any girl that doesn't consume a lot of sugar or carbohydrates? So why do we have now one out of seven women getting cancer today? And now with these new findings, they estimate it's going to be one out of four soon and one out of three soon. And maybe it's going to be like autism that they're predicting. One half of us will have autism in ten years. And when I'm at medical conferences, they often whisper in my ear and say, when you go out and talk about nutrition, please never tell them that cancer is a catastrophic disease. The new term we're using is chronic.

1:17:33 Well, most of us die if we end up with cancer. I don't know how chronic that is. If you don't change something, the outcome's never that nice. Smoldering

inflammation and tumor micro environments have many tumor promoting effects. Now, I don't know. I can't honestly tell you because this is new to me. This is two year old information. I don't know if you can take a girl who, when she was young and ate like I did, nothing but sugars and carbohydrates that break the sugar. If you can really change the pattern significantly.

1:18:06 I know that epigenetics are going to play a major role, and it's likely that that can happen. But I believe still that that girl would still have a higher susceptibility to breast cancer even if she lives the way she should, because you've already in the formative years, developmental years created a pattern of sugar receptivity in cells. Cancer loves fruit. Henny, MD, UCLA, published in the Journal of Cancer Research, states cancers can use fructose just as readily as glucose to fuel their growth. So any study you ever see now don't hesitate to believe if they're doing a glucose study.

1:18:49 Fructose is just as big a culprit as any other form of sugar. Doctor that I knew years ago actually privately and secretly used fructose out of organic fruit that he distilled in for three Pet scans and reported back to me the same exact evidential science and parameters showed additional pancreatic. Cancer cells use a fructose to help tumors grow more quickly. Of course, pancreas is what again, I'm not going to name any names, but there's a very famous man that would be alive today if I could have gotten him to stop eating fruit.

1:19:30 He would not stop eating fruit. I worked with his wife, came to us six weeks and we begged and begged and begged. Oh, give me empirical evidence. Give me empirical well, the empirical evidence is the grave, I guess. That's the empirical evidence. And this is a new thing. Finally, people are brave enough to start in science giving us this evidence. It's been hidden until now because once again, the universities and organizations that these people represent most often are being funded by the food industries.

1:20:05 Nobel Laureate shows cancer. This is Warburg 20, 419, 24. What I'm teaching you today, that's immortal sin. In my opinion. It's a mortal sin. That what I'm teaching you today. 90 years later, he knew. Then they give him a Nobel Prize, pat him on the head, and send him the pasture. Completely forget it. You go to medical school today, it's almost impossible that you'll ever hear the name Autower. And by the way, my colleague Thomas Cyphrey at Boston College completely went through his protocols, his science and research, and proved it today.

1:20:42 In the beginning of the 21st century, other researchers have done the same, and he was spot on. He stated, Cancer growth is caused when cancer cells convert glucose into energy without using oxygen. Again, which one reduces oxygen the most? Fruit. Now, these are I didn't put anything here in the distinguished column of disease that is in part not total, but in part fed by or enhanced by sugar unless it had at least 45 to 50 studies.

1:21:17 Some of these have hundreds and thousands of studies. ALS Parkinson's disease ms Alzheimer's disease anemaria wisely caused Dementia Alzheimer's disease, stage three diabetes. There's overwhelming evidence today. High sugar content, memory goes away, totally bad amounts, high amounts of sugar, you'll end up with

Alzheimer's. And by the way, my generation, the baby boomers, conservatively, they estimate 25% of us are going to have Alzheimer's disease.

1:21:49 Think of that. I mean, what's going to happen when millions of us are running around not knowing we have families or children or grandchildren, we can't function anymore, that we're going to need full time care. What's going to happen? The economy can't bear the health care cost today. And the baby boom generation is not going to get old. We are old. It's happening as we sit here and speak right now.

1:22:10 And the one thing I know when people get older, they go to those early dinners what do they call them? Early bird specials. And why they like sweet potatoes. It's not that they're vegetables, is they have what on them sugar. And they would never leave the table without a dessert. Never leave a table. And they wash it down with wine if they're sophisticated and soda if they're not. And guess what? The wine has massive amounts of sugar in it. That's why study after study show us two drinks of alcohol a week enhance the chances of women's breast cancer by 10%. Listen closely.

1:22:53 Beyond two, it goes up 30%. You want breast cancer, drink organic wine, because if I were to be a scientist from another planet that came here and I never saw sugar before, or wine before, I went in with alcohol and I looked at it and somebody said, well, come out in plain English and tell us what it is. It's like water with white sugar melted into it. HIV. You want to make viral diseases grow? Take sugar.

1:23:22 Chronic fatigue syndrome, another viral disease. A cousin, by the way, of HIV, fibromyalgia, Crohn's, diverticulitis, diverticulitis, losis leaky gut syndrome, asthma, or OCB. The other day, Steven shocked all of you listening around the world and here in the room when he said, it's estimated that one third of us are going to have kidney disorders soon. Proteins and sugar are the cause of that. Now, how are we going to set? One third of us are going to need to have dialysis or we won't be able to go to the bathroom.

1:23:56 What are we going to do? This is not a conference where we're doomsday predictors. We're trying to wake you the hell up. We're on the edge of a cliff. We're hanging over candida, mental illness, depression. How many of you have gone to a psychiatrist or psychologist and they said, how much sugar are you eating? But what they do is they give you an antidepressant. Do you realize that antidepressants are the number one prescribed medicine on Earth today?

1:24:28 Now, where did we get to be a group of people around the world, especially in my country, the United States and in Canada, where our remedy is to shut our brains off when we're not happy? Do you think everyone is crazy? Maybe. But we're not all crazy. Why you're depressed is you're not fulfilled. You're not happy. You're not. Nourished. You've never been told the truth, even by people who loved you. Find what you love and do it.

1:24:56 If you did what you loved, you wouldn't be depressed. I'm going to tell you now. Dyslexia add brain fog. A third of the people I talk to tell me they have brain fog. Nobody even knows what it is, but they all have it. It's nuts. Acne, rosacea,

psoriasis, eczema, menopause. Andropause, yes, men have menopause, too. So you ladies have some ammunition. We start ours at 26. It's sad. When my mother was young, it was 55. Now it's 45.

1:25:36 It's come and I'm in my office several times a year with our medical team talking to a young girl, 30, who has menopause. And it's not always because of nuclear medicine, which is a common cause of it, because they've just lived so bad for so long from the time they were babies. Premature aging. That alone should stop you from eating all this sugar. Youth and adult delinquency. Yes. The young guys that were here from Britain are making a brilliant, brilliant film called Awaken, and I hope all of you will support it.

1:26:11 Many of you saw the contributors speak here and they went into a room and spent an hour sometimes being interviewed. And these young men are trying to put in theaters all around the world to show you what contemplation and thoughts can do to change humanity. And they went and found presidents of countries that contemplate and literally have gone into the jails and part of people in jail, they cleaned up their diets and made them contemplate.

1:26:42 And the amount of people that went back to jail was minuscule just because they got them to be focused and on what's important at that point. But if we're cross circuiting our brain by eating sugar, malnourishing our body and walking around confused, not knowing what we're doing and unfulfilled, no wonder we have delinquency and nutritional deficiency. Proper few two moderate salads a day is enough sugar for a 200 pound person. So don't give me you have to have orange juice for your sugar, like that poor woman today. I had to say no grapes.

1:27:18 Well, I know you need sugar. And when somebody says I need sugar because my energy is going down, that's an absolute clear sign. You better go to a doctor immediately because you have a blood sugar problem. And let's hope it's not a diabetic problem. Let's hope it's not a diabetic problem. So that's the kiss of death. Give yourself a hand for kissing. Now, anyone that has a question because you all just took a vow, I'm an addict and you're going to try not to be an addict, come over here and we'll talk to all the addicts on the microphone here if you have any questions.

1:27:52 So come on over. Yes, come on up quick. Just about three questions from what I.

1:27:59 Brian Clement: Learned is that fruits are not good at all, even the berries. So is there any fruit that is considered safe to consume?

1:28:07 Once again, let me repeat what I said, that when a person is really healthy and capable and mature enough to say I'll only eat ripe organic fruit, less than 15% of your diet by weight can be fruit. Once you go above 15% by weight, that means for every £10 you could you don't have to I don't you can eat a pound and a half of fruit that's always needing to be ripe, always needing to be organic. You should be fine.

1:28:35 You get to 18%, it starts to spill in when a person is facing a formidable

disease, they should not eat fruit. They should not eat any sugars of any type. And by the way, avoid cooked carbohydrates not only because of the sugar, but because of the acrylamides and many other factors that are in cooked foods.

1:28:53 Brian Clement: So if a person is healthy, I know you mentioned earlier, their starches can convert into sugar in like 30 minutes.

1:29:00 Well, you look at the Indian population as an example. Why the Indian population, who pretty much eats a much better diet than the Western population are all overweight is they're eating nothing but things that break down to sugars.

1:29:14 Brian Clement: So in other words, like carrots and beets, are they okay to they're okay.

1:29:19 If you want to take fructose and feed disease. So fructose is fructose. So high fructose corn syrup that's in soda, high fructose corn syrup that's in carrots, high fructose corn syrup that's in cherries are all the same thing. It's a particular chemistry. So the same applies. Now, if you said I'm healthy and I'm taking a few baby carrots three times a week in my cell, fine. You're saying, I'm going to drink a liter of carrot juice. Even if you're healthy, it's a problem.

1:29:48 Brian Clement: Thank you.

1:29:49 You're welcome.

1:29:51 Brian Clement: Can you comment on why hippocrates doesn't have tomatoes and cashew nuts? And what do you think about consuming coconut oil?

1:30:05 Well, we'll start with coconut oil, then go to cashew and then tomatoes. So coconut oil has a whole lot of support at this point. And what science has shown us, and I completely concur with, there's a mid range triglyceride that's in coconut oil that does help the brain. But to get enough for one person for one day, you'd have to take shockingly high amounts of coconut oil, which would completely reduce oxygen loads in your bloodstream.

1:30:32 So I know that raw fooders love coconut because it's a great dessert and you put agave syrup with it, et cetera, but it's not really a healthy food. It's one that if you said to me, I'm healthy, I don't have a gallbladder problem and don't have a liver problem, and I'm going to take four tablespoons a week, that's not a problem. If you're an athlete and on a bicycle going up mountains, you may be able to take eight, but for the average person, you don't want more than that. If you are fighting a disorder that you have an oxygen problem to begin with, I'd avoid it like the plague.

1:31:03 At this point, there's no company that I'm aware of, and I hope somebody can find one for me that extract without heating and cooking the oil, because then it becomes a carcinogen. The coconut mid range triglyceride. Because if somebody could do that and preserve it, I think it would be a great supplement for them to make for people with dementia. Now, number two, cashews are not raw in the overwhelming majority of cases. Again, there's no rule anywhere on the planet Earth

that I've discovered, and I've looked where the word raw has to be raw.

1:31:35 So a lot that you're buying raw is not raw. And cashews are one of them. It's in a very hard shell. It's like a mahogany wood shell. It's very difficult to open up. So what they do to open them up is they heat them. Now, since they don't roast them afterward, after they're open, they can get away with saying it's raw because it's not post roasted. And so any heated oil and fat becomes a carcinogen. Now, we've known that solidly for over 60 years.

1:32:02 In legitimate mainstream science, tomatoes happen to be a fruit that are originating from the jungles of Brazil and South America. The Aztecs and Mayans use them as ornaments on the side of their temples. And it wasn't until a, quote, nicely sounding conquistadors which were savages came over and slaughtered these poor indigenous people and they brought back to Europe the tomato that was used as an ornament. When famines came, then people started to eat it and it became very popular.

1:32:29 When they discovered you can grow tomatoes at high in the mountains and in the desert. It became a popular food. And we have found in science tomatoes are really good for prostate and heart and I actually believe it's for the brain and circulation. But the problem is it has a little bit of sugar in it. So when people are having a conquest of a disease, we say to avoid it, it should never go on salad because it's a fruit that should not go with a green.

1:32:56 But it can be eaten with fruits and in fact, always has to be ripe. I had a friend that decided not to be educated. He opened up auto body stores and became very successful. And he showed me in a book he had. He said he's a very funny guy out of the Philadelphia area. He said, you know, when we try to clean the paint off the car where the car door opens and you can't get to the crack, we put tomato sauce on that.

1:33:20 And I said, did you make that up? He said, no, look at it. It's in the book. So they actually showed you in the auto body book that if you wanted to get paint off a car, you put tomato sauce on it. I mean, not a good thing for now. You know, all of this and this lunacy that went on from Johns Hopkins 2025 years ago where they said, when you cook a tomato, you have more phytonutrients. This is baloney at its biggest.

1:33:44 When I was debating this woman, I said to her, you must have invented a new form of molecular science nobody's heard about. I said, I heard in the past when you cook something, you destroy molecules. You're actually saying you manifest something that wasn't there to begin with. Hallelujah. So I said, here's my naivety. I would think that you open up the cells of the tomato by cooking it. The phytochemicals spill out and you can identify them. But I'm positive that you didn't manifest something that wasn't there to begin with. But a tomato happens to be a great food. If you don't have a sugar problem, don't eat it with greens and vegetables. And by the way, if you have heart, breast, prostate problems and circulatory thing, I think it's a great food. It has to always be what, though ripe and organic because, boy, it's acid.

1:34:30 It's highly acid.

1:34:31 Brian Clement: I have a.

1:34:32 Quick question I'll get to the paper.

1:34:33 Brian Clement: Dyslexia and sugar consumption. I have had my chosen on bro food diet for some years and dealt with it, and I didn't see a huge difference. Just a question.

1:34:48 You can see a huge difference?

1:34:51 Brian Clement: Not a huge difference, but I don't know what would have been otherwise.

1:34:54 So the raw diet you have them on, does it have all organic? Does it have a lot of fruit? It has fruit, has fruit. And does it have a lot of processed things like dried foods?

1:35:07 Brian Clement: It could be the fruit.

1:35:08 Could be the fruit.

1:35:10 Brian Clement: I'm thinking.

1:35:11 I know it's a fruit because, again, we have people that come to us from the standard Western diet and a lot of raw fooders, after they do it long enough and get sick and weak and get aging, then they come to us. And I've been told thousands of times over the decades, I couldn't believe the difference between eating a healthy raw food diet just like there's a junk vegan diet or there's a junk raw food diet. Most people that eat raw food diets eat superfoods.

1:35:37 They don't eat food, they eat superfoods, which, by the way, is mostly nonsense. But get back there, give your kids greens, they're going to hate you. Now get the green juices out the wheatgrass, et cetera.

1:35:49 Brian Clement: Thank you for putting on this conference. It's really amazing, really. I'm looking forward to next year. I want to do it in California. Will you answer a question that was left open earlier, and that is, are there and what are the benefits of soaking a nut seed or grain before we consume it raw?

1:36:09 Well, number one, I don't think anyone should ever consume a nut seed or a grain or a bean without soaking at first. Nature is brilliant, much more intelligent than we will ever be. And over the years, over the hundreds and millions of years that plants have evolved, they intuitively understood plants or nature or God, if you will, that you needed to have pesticides, natural occurring pesticides on these seeds so that that last seed would never die, so that the bugs wouldn't eat it and the animals wouldn't need it.

1:36:43 And it's a noxious level, not enough to kill, but to prevent. That's still

on there today. We call them enzyme inhibitors. Now, by the way, some of these enzyme inhibitors now we understand, are phytochemicals, which are probodly, anti disease, et cetera. But you want to soak it first. Now, there's the secondary reason. When you soak and sprout or germinate a seed or nut or grain and bean, you're going to get a minimum of eight times more nutrition across the board.

1:37:12 Some things literally go up 75 times and more, but a minimum of eight times, eight times. Like one of the wonderments of science is, for instance, when you analyze wheat, it has no vitamin C. We cannot discover vitamin C in it. You germinate the seed and it's a pretty good source of vitamin C. That amazing. So we don't know how that happens, but there's many things in science as smart as many of you think scientists are. We don't know how hydrogen and oxygen put together creates a liquid called water.

1:37:45 Nobody can really give you that answer. I've heard a lot of opinions, but nobody can give you that answer.

1:37:50 Brian Clement: My question is regarding vitamin C, because.

1:37:53 We've always been taught that vitamin C's.

1:37:56 Brian Clement: In our fruit and everything. And I know vitamin C's and all our other green vegetables and stuff, but how much vitamin C should we be getting?

1:38:04 Well, the people who like to sell you supplements are going to tell you you have to have 1000 or 2000 or 3000 milligram. It's about the vitamin C. In my book Supplements Exposed, I actually point out that almost 100% of vitamin C is a chemical called absorbic acid that really doesn't ever digest in the body, actually weakens the immune system and doesn't do you any good. At best. It's a placebo see, that's one of the people that are a little angry over there.

1:38:34 So with that said, you need to get a whole food supplement or eat whole foods. Although we create an A plus level of vitamin C, I don't really tell a lot of people to eat it because I'd rather have you eat an organic red pepper every day. Organic yellow pepper, incredibly rich source of vitamin C. Broccoli has a lot of vitamin C in it. Most people don't know this broccoli does. What about a broccoli sprout? I don't even know the numbers, but I know it's significantly more absorbable. So you don't have to eat fruit to get vitamin C. Amylaburi is one of the things that it's extracted. Vitamin C, whole food, vitamin C is extracted from. But we leave behind the sugars in these things.

1:39:11 Good question. And by the way, vitamin C and God bless Linus Pauling, what a genius, brilliant man, created the field of orthomolecular medicine. He wasn't absolutely correct on vitamin C and colds. What we do know is zinc is an amazing thing for that. But common colds not so good with vitamin C. Hi.

1:39:33 Brian Clement: There's a lot of drinks out on the market that have I'm sure you've tried them all. No, I read a lot of labels before I put something in this mouth. But Erythritol is grouped with stevia lots of times in sodas and in fruit drinks, et cetera, et cetera, even in waters. And what is Erythritol and how healthy

is that?

1:40:00 Don't touch it. It's not healthy at all. It's actually a bridge factor to make a it's not quite a synthetic, but it's like a synthetic that bridges together the stevia with other sugars. So it's not something that's healthy.

1:40:12 Brian Clement: What is it made of?

1:40:13 Actually supposed to be? It doesn't have to be and probably isn't, but it's supposed to be from a fruit itself. But it's not hardly ever. That because they can make it in a laboratory like vitamin C. It's a lot less expensive to make ascorbic acid than to go to a berry extract that process it, et cetera.

1:40:31 Brian Clement: So not healthy.

1:40:32 Avoid it.

1:40:32 Brian Clement: Avoid it.

1:40:33 Again, the only thing I spoke about today that we are absolutely sure of, that globally, there's enough evidence and science and research, and I've used it myself for decades for people is stevia. There's nothing else. There's other things that are out there, sadly, they use dextrose for bridges and different things.

1:40:50 Brian Clement: What about the stevia? That's clear, that's not the dark colored stevia.

1:40:55 Well, let me put it out this way. This is when I'm going to tell you to eat a more processed food, because if you just take the stevia leaf and grind it up, yes, it's very sweet, but it has an aftertaste a bite to it. Most people don't like it. So what they do is certain companies and it's your question you're asking, we chose that hippocrates after laboring over this for years, is to get the liquid forms. So they take away the leaf, they process out the leaf. It's just the essential part of the stevia. And liquids that's much more user friendly taste more like sugars. And that's the one we suggest and honor. Now, which brands there's many brands around the country. There's one I'm traveling sometimes my plane flies in at 01:00. I've got to speak at 08:00 in the morning somewhere.

1:41:41 I carry something with me called Sweet Leaf. It's one of the hundreds of companies wisdom brands. Yeah. And so what that has in it? It has lemon. They take the lemon essence of it and they put it in. I put four or five drops of that in a quart of water. Guess what? I have a juice without sugar.

1:41:58 Brian Clement: So the clear one is okay to use as well.

1:42:02 Well, I don't know what you mean by clear one, but the liquid one is what we prefer.

1:42:05 Brian Clement: The liquid clear one. I use the brown concentrate personally. But is it okay to use the clear one?

1:42:11 See, I don't really know enough about the clear is what we suggest, because it's liquid. Now, which clear one you're using? I don't know. What the brown one you're using? I don't know. I don't know. So I'd have to look at them and tell you, yes, this is good or not good. But I can tell you the liquid forms are usually where we find the ones that people like.

1:42:31 Brian Clement: Okay.

1:42:31 And they're user friendly. Yes.

1:42:36 Brian Clement: My question is you mentioned something that to eat instead of candy, two or three or four or five.

1:42:43 Oh, yes. Instead of candy, it doesn't taste like candy. It's algae. And the type of algae is that are generally best because they're less expensive for people, easier to for mobility. You stick it in a little bag in your pocket is chlorella, because in a very short time. C-H-L-O-R-E-L-L-A Make sure you don't get it from Japan or China. You get a good form of chlorella and they're little get the little ones and you just need somebody your weight would generally need no more than three, maybe four of these little ones and it acts like a pacifier. So when we start crying out for sugar, you put it in 1015 minutes, it takes away the edge.

1:43:27 Hey, Brian. Thanks. Will you talk about the difference? If there is a difference one better or not? The komut and the wheatberry for sprouting. If you look at wheats, we have fancy name for wheats now in the 21st century. One is called komut and komut is actually a high mountain wheat. It's a more primitive wheat. Now they tell me the agricultural scientist over the years that wheat at one point had up to 35%, 38% protein.

1:43:55 A good organic wheat today if you have seven or 8% is remarkable. Komut not in every case is more likely to have higher proteins in it than the normal mainstream wheat, which has been much more hybrid. And so that would be why you'd prefer that as far as growing wheatgrass out of her wheat sprouts and getting the chlorophyll factor, they're about the same nutrition. I don't think it's dynamically or big time difference, but you're going to get a little more out of the komut or spelt, another form of primitive wheat.

1:44:27 Thank you. Brian, could you comment on iodine and how that might affect our everything? I was thinking about actually. I think iodine has a new life coming into it that up until recently we've thought of iodine as something that if you take too much of it, it's dangerous. And then when they test the public, practically all of us are lacking iodine. And then when we start to look at the burgeoning disorders, when our medical team at Hippocrates looks at how many people have a thyroid problem, it's appalling, shocking and crazy.

1:45:00 50% of women now, I don't care what age you are, once you get beyond 15, I think have some kind of a thyroid disorder. And with radioactivity, the lack of iodine and selenium in our soil and the use of cell phones and laptop computers and router in your house and at your office, 35 computers going on and cell towers

outside of your house, you're going to see more and more and more and more thyroid problems.

1:45:25 And I am a big believer that thyroid lack of thyroid is probably behind that. Taking proper forms of thyroid prescribed by a doctor who knows what she or he's doing is my advice. We have seen this time and time and time and time and time again be when the people come back and say to us I'm seeing results. My doctor is telling me that my free T three, my free T four, my TSH is regulating there's thyroid implicated in that in some way. But again, you don't just run out because I said thyroid is good. Get thyroid off a shelf and start taking it.

1:46:02 So there's different kinds of thyroid that we've been using that you can call up and our team can talk to you about that, that we know for sure. I'm not going to say they're all bad except what I'm using. I know what we're using works. I don't know how many out there are bad for you, but I know the majority are. There may be other things that work too. I'm just not familiar with them. Our physician is on the same page as I am, Dr. Tina. We had a conversation just last week about this, how thyroid is going to be one of the future nutrition elements that people need in preventing thyroid problems and radioactive poisoning. I mean, if you heard our kickoff lectures here last weekend, ten days ago, if this didn't wake you up to how radiated all of us at 40% of Europe is contaminated beyond belief at this point that you're contaminated here. And what did my colleague Dr. Cousins tell you?

1:46:58 That just a few days after the Japanese incident occurred, the number one highest radioactivity was not on the west coast of the United States, but about an hour from here in Melbourne, Florida. Did you hear what he said to you? Now, people didn't come in here and make these things up, by the way. You had thousands of hours of mind trust here over the last ten days. And the one thing I know about these colleagues is that they are acutely interested in reading and science.

1:47:32 So most of you, rightfully you're not scientists and you're not interested in and rightfully you shouldn't be are not reading. But a lot of us are sort of nerds on this stuff. We just love to read this stuff. And when you read it, it's there. It doesn't take a lot to find these things. It's not all on the Internet and it's not easy to access sometimes. But overwhelming evidence is that we're getting more and more radioactive all of the time. Nobody seems to be stopping this except Germany. I congratulate Germany out there. Let's give them a hand.

1:48:02 After the fiasco occurred in Japan, they said they're going to phase out their nuclear plants. But unfortunately France has more per capita than any place and they're right next to there. But at least it's a step in the right direction. My wife's country of Sweden talked about this 30 years ago. I haven't seen them go away yet. And even the environmentalists sometimes, unfortunately misstep and say, well, what are we going to do if we don't get rid of them? We're going to do a lot of things. It's going to force us to find sustainable sources of energy that aren't going to kill us in the process.

1:48:36 Brian Clement: If I want to be on a vegan diet, I would like to know what kind of supplement do you need? Like, that's not in the food that we eat.

1:48:48 So her question is, if you're on a vegan diet, what kind of supplements do you need? You should rephrase the question and say, how is I haven't starved to death since I'm not a vegan. That's what you should be asking. I mean, there is nothing that you lack in any diet that's a proper vegan diet, except the thing that's not enough anywhere called B twelve. B twelve meat eaters have an eight seven to 8% higher incidence of B twelve deficiency than vegans do.

1:49:17 So the only supplement I know for sure that everyone needs, because your body doesn't produce it as it did at one point. And that's a whole elaborate discussion you may get on the internet, on Google or something and see me speak about. But bottom line is, b twelve you need. Beyond that, I don't know what you need.

1:49:33 Brian Clement: What about omega three?

1:49:34 You get more omega oils on the hippocrates diet than any diet in the world. Where your fish get omega oils is called algae. Algae is part of the hippocrates diet. This morning I got up, I take five types of algae and have been doing that for over 30 years.

1:49:49 Brian Clement: And my last question is how much is too much of sugar or sugary things?

1:49:57 I think 1 gram is too much today, after what I've said, I think if you write the word sugar more than twice, you may die. It's pretty bad stuff.

1:50:08 Brian Clement: So regarding lemons, because that is also a fruit, is there just a higher sugar content of some fruits over others?

1:50:14 Lemon happens to be having more sugar than 50% of oranges. You just don't know it.

1:50:21 Brian Clement: Really? Yeah. You would recommend against lemon water in the morning.

1:50:25 Let's go slow again for someone who's pretty healthy. If a person is really healthy, taking half a lemon, putting it in a liter or a quart of pure water is not going to kill you. If you said to me, I'm fighting cancer, I want to take ten lemons today, not a good idea, because once again, lemons have more sugar than 50% of the oranges. You just don't know it because it's tart. Now, let me re answer this question here.

1:50:51 How do you pick up young guys and speedos? We don't do that here. What a question to ask in this very serious conference we have here. So we did ask about the purest form of stevia is just the leaf where they grind it up. I'll give you the story of stevia. It wasn't until the mid 18 hundreds, somewhere around 1860, that a group of explorers came to Ecuador and they found with the indigenous people in Ecuador, stevia.

1:51:22 And they brought it back and they researched it in Portugal and Spain, and

they found all the way back then that it actually helped the body in some way. And that related into regulation of blood sugar. Now, I don't know enough about that to comment on it one way or another. But what I do know is if it takes away the need I have or you have or anyone out there has to eating sugar, god bless it. Because what we know from personal experience and clinical work at the Institute, when you put people on stevia, it doesn't do anything bad, but it does something good.

1:51:53 Takes away the soda pop, takes away the mangoes, takes away the 30 pound watermelon, takes away the honey, takes away the agave syrup and the need for it. So before we finish, let's have a moment of reflection. So let's all close our eyes out there in the world. Unless you're driving a car, you shouldn't be listening to me if you're driving a car. Anyway, let's close our eyes and relax. Give each and every one of these people the power and strength to perpetually seek transparent truth when they receive that knowledge, to lovingly share it, and to stop the myth that we have to fight and destroy to win.

1:52:47 Give them the ability to see the new ways that we can move to transform humanity and bring us back to normality. Thank you for being here. Thanks for spending all of the time with us. The real truth about health is honored that you're with us. God bless.